



THE JOURNAL

National Naval Medical Center, Bethesda, Maryland

Vol. 3, No. 12, March 28, 1991

Fetal blood transfusion first at hospital

By Bill Yates
Journal staff writer

Perinatology at the National Naval Medical Center took another step into the future one week ago with the successful completion of the hospital's first fetal blood transfusion.

Last Thursday, a team of obstetricians led by Lieutenant Commander Ronald Thomas, MC, and Lieutenant Richard Leader, MC, transfused 25 cubic centimeters of blood from the NNMC Bloodbank into Aviation Electrician Pamela Brill's unborn child. Thomas said the transfusion, which is scheduled to be repeated Monday, was done to aid Brill in carrying her child for as close to the full term as possible.

At the time of the transfusion, Brill had entered her 29th week of pregnancy. "Basically,

Mrs. Brill and her child have a blood incompatibility that results in the gradual deterioration of the baby's blood," Thomas said before the operation. "We're just trying to buy the baby a little extra time in the womb by adding to the child's blood supply."

High-technology operation

The mother, carrying the fetal patient within her womb, was wheeled into the operating room about 10:30 a.m. Although the transfusion of blood would take only about 15 minutes, the preparations for both patients, which included a possible Caesarean delivery, took over an hour. Full preparation for emergencies included support from nursing personnel, anesthesiologists and a pediatric team.

To locate the fetus' umbilical cord, Thomas relied on images produced using ultrasound. Beams of high-frequency sound were directed

through Brill's abdomen, with the resulting reflections forming an electronic picture of the fetus inside the uterus.

Guided by these images, Thomas' task was to slowly maneuver his 22-gauge needle through the mother's placenta and insert the sharp tip of the instrument into the umbilical cord vein. A small sample of the fetus' blood was then withdrawn for testing to determine the exact severity of the fetus' anemia.

Thomas explained that humans make blood primarily in their livers until birth, when bone marrow takes over the job.

"The incompatibility of blood types initiated our problem in previous pregnancies. Maternal antibodies, unlike blood cells, do cross the placenta and lead to deterioration of the fetus' blood," Thomas said. "This can lead to severe anemia and can contribute to fetal liver fail-

See TRANSFUSION, page 4

Paydays move to Tuesday this week

As many of you know, the civilian payday has already been changed a couple of times to accommodate the additional processing time needed to operate the Navy's standard payroll system. This time we have good news. Some may even say great news!

The Navy Regional Finance Center, Great Lakes, Ill., has informed us that its payroll office has been able to decrease the processing time. As a result, the payday can be changed to the second Tuesday after the end of the pay period. This means payday will be one day earlier!

When the Monday before a payday is a holiday, the processing schedule will be adjusted to start one day sooner. This will ensure the

See PAYDAYS, page 2



Photo by Lauren Lee Salgaller/The Journal

Timothy Wilson, age 3, can't believe what he hears from the Baltimore Orioles' mascot, "The Bird." "The Bird" visited the pediatric ward March 21 as part of the Children and Hospitals Week activities.

**Nutrition
Month
See
page 4**



Perspectives

By HMCM Jerry L. Robinson
Command Master Chief

The Persian Gulf crisis has again proved the need for a strong Ombudsman's program.

The Ombudsmen were able to answer all types of questions and those they couldn't they referred to the appropriate source. I hope all will join with me in extending the traditional "Well Done" to a very important part of the Navy family.

Our Ombudsman group at Bethesda insured the phone was answered around the clock. They

called you with the important information and news. The Ombudsman and family support groups insured there were support groups set up to help everyone. Again I salute you!

The Ombudsman Program is a much needed function here at Bethesda all the time. Our program is in need of volunteers to serve as Ombudsmen to keep the program going. Transfers over the next few months will deplete our current volunteer corps.

Can you work closely with others and maintain confidentiality along with being a good listener, outgoing, and a "do-er?" We are

looking for someone with the time and energy to do this.

Ombudsman functions include:

- Liaison between the command families and the command.

- Regular communication with the families.

- Information, outreach, and referral for Navy families.

- Advocacy for command families.

If interested call the Command Master Chief at 301-295-2429.



HMCM J.L. Robinson

There is an Ombudsman school scheduled for April.
CALL!

Letters to the Editor...

Surgical Directorate
National Naval Medical Center
Bethesda, MD 20889-5000

20 March 91

Commander
National Naval Medical Center
Bethesda, MD 20889-5000

Dear Admiral Hagen:

As the officer-in-charge of the first detachment returning home from service aboard the USNS *Comfort* during Operation Desert Storm, I would like to thank you and all of your staff at the National Naval Medical Center for the fine welcome that we received. We were honored to be greeted at Andrews Air Force Base by you, VADM Zimble and the other dignitaries in your party. Personnel from the Personnel Support Detachment did a superb job meeting administrative needs, checking us in from TAD, and, checking us out on leave during the bus ride from the airport to Bethesda. Your generous leave policy was much appreciated by all hands.

The reception we received at Bethesda was a warm and memorable one which was "just right" for an exhausted group of travellers at the end of a long and difficult trip. I would especially like to thank you for making such prompt and caring lodging and transportation arrangements for our shipmates proceeding on from Bethesda to other destinations. They are so often lost in the shuffle.

Your efforts and those of your staff "walked the talk" of customer oriented, quality service. Thank you, Sir, for a superb, planned and flawlessly executed effort. It is good to be home!

Very Respectfully,

David Snyder
D. A. SNYDER
CAPT, MC, USN

WORTH REPEATING

"Prejudice is a raft onto which the shipwrecked mind clammers and paddles to safety."

—Ben Hecht,
U.S. novelist/dramatist

"The direction in which education starts a man will determine his future life."

—Plato,
Greek philosopher

"Let it be your pride . . . to show all men everywhere not only what good soldiers you are, but what good men you are."

—Woodrow Wilson,
U.S. president

"Happiness is a warm puppy."

—Charles M. Schulz,
U.S. cartoonist

PAYDAYS, from page 1

proper number of days available for the processing of salary payments to employees' financial institutions via the Federal Reserve Banks.

The change of payday became effective with the pay period ending March 23 with payday on April 2. Payday will then continue to run routinely on the second Tuesday following the end of the pay period. (Reprinted from the CPD Newsletter, March 1991)

The

Journal

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NNMC Commander
RADM Donald F. Hagen
Public Affairs Officer
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Bob Anderson
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Editor
Kevin Sforza
Staff Writers
Bill Yates
Hilary Adams
JOSN Kathleen L. Warring
Photographer
Lauren Lee Salgaller

TQL — Preached and practiced

By Kevin Sforza
Journal editor

Readers of this publication have seen a lot of ink in recent weeks concerning Total Quality Leadership (TQL) at the National Naval Medical Center.

New as this system may seem, TQL implementation by the hospital actually began shortly after Rear Admiral Donald F. Hagen took command here in 1988. Unfortunately, the recent events in the Middle East temporarily side-tracked the new management venture.

However, in late January the TQL reins were handed to Captain Madeleine Spelta, NC, USNR, commanding officer, Naval Reserve Naval Hospital Bethesda, Unit 2706. Captain David A. Snyder, MC, director Surgical Services, had originally headed the program before being sent to the Persian Gulf.

"It was a surprise," she said of her new responsibility. "Basically, I received 24 hours notice prior to taking over the job." Spelta believes the admiral was looking for an individual who demonstrated a positive leadership role who also had credibility within the hospital. (Spelta had been a department head in charge of two nursing areas since her recall last August and the unit she commands recently won the Bilger award as top Naval Surface Reserve Reinforcing unit.)

With most of the hospital's TQL-trained personnel aboard the USNS *Comfort*, Spelta said she had to start from scratch.

"I had some experience from working in my civilian job in the Department of Defense (DoD) because DoD has seriously adopted this principle," Spelta explained. "There were some people in the Executive Steering Council and within the hospital with some training. Other volunteers came from recalled reservists, who had some TQL training in their civilian jobs, and from hospital employees."

In her short time at the helm, Spelta has initiated Executive Council retraining (held March 15-17). With the help of her small staff, a mandatory awareness training for the entire command starts April 15 for all military and civilian personnel assigned here. The "training blitz," as she refers to it, will be held twice daily for one hour (see below).

"For TQL to be effective," Spelta said, "management has to believe in it and demon-

strate a desire to make it work. The program won't work unless the commanding officer owns, buys it and lives it.

"Admiral Hagen has been the number one supporter. In fact, he does business this way anyway. He's helped put the infrastructure in place."

Additional training for department heads/division officers will be held May 29 & 30, June 12 & 13 and two other classes in July. Spelta said the training was purposely set that far back to allow for the return of all department heads from the *Comfort*.

The important piece to make this system work, said Spelta, is that you have to live it and learn it to make quality happen. "What that means is we have to get all the cross-functional management teams (Process Action Teams and Quality Management Boards) in place all levels across all directorates."

Transitioning back into his job as TQL coordinator, Snyder says he's pleased with the way the program has continued.

"We're ahead because of the quality management boards and process action teams running. These were not yet in place when I deployed with the ship. The training is being picked up where it left off and everything is well in place.

"At the time the *Comfort* was deployed, we had just finished training our department heads and command awareness training was about to begin."

Facilitator training is another level of training and the next class, said Spelta, will be held May 20-24. "Right now the Navy Medical Quality Institute within the Naval School of Health Sciences (NSHS) is doing all the training. It's the responsibility of the leaders to walk and teach this process to the people they work with."

Seven facilitators are currently on board with another five or six coming from that May class. According to Snyder, at least 10 more will be needed.

Snyder said the ways of changing a process through TQL are similar to a doctor diagnosing a patient. "A doctor looks at the patient, reads the chart, identifies the problem and recommends treatment. Correcting a process follows the same guidelines.

"Continuous quality improvement is the main objective. Everyone who works at NNMC needs to realize the hospital must shift from being conservative to constantly changing."

A prime example of TQL, given by Snyder, occurred when the first wave of *Comfort* personnel returned home.

Following a refueling stop in Brussels, he said, the plane flew straight to Andrews instead of Bangor, Maine, as it normally would. We



Photo by Lauren Lee Salgaller/The Journal

CAPT Madeleine Spelta discusses how TQL works within the framework of the hospital.

were met by an official party which included Admiral (James A.) Zimble, the surgeon general, Admiral Hagen, and Evelyn Pentzien, Captain (Roger) Pentzien's wife.

The buses were waiting for us, luggage already loaded and cleared by customs officials. The Personnel Support Detachment had a person on each bus processing us in and checking us out on leave.

When we arrived inside the lobby of Building 10 that night, our leave papers in hand, we were welcomed home and our seabags were lined up and waiting.

"The whole experience was customer oriented, the rework loops were chopped out and the services were brought to us. The admiral 'walked the talk.' In other words he practiced what he preached about TQL. It couldn't have been better planned.

"If we do half as well for our patients in implementing TQL at the hospital, we'll be doing very well indeed."



CAPT David A. Snyder

Awareness Training schedule

TQL Awareness Training will be held at the following dates and times. It is mandatory for all National Naval Medical Center (NNMC) personnel, military and civilian. Training will be held in Building 2 auditorium. Personnel need only attend one of these scheduled trainings.

April 15 — 8 to 9 a.m.	April 22 — 10 to 11 a.m. and 5 to 6 p.m.
April 16 — 11 a.m. to noon and 2 to 3 p.m.	April 23 — 7 to 8 a.m. and 2 to 3 p.m.
April 17 — 10 to 11 a.m. and 5 to 6 p.m.	April 24 — 8 to 9 a.m. and 5 to 6 p.m.
April 18 — 7 to 8 a.m. and 2 to 3 p.m.	April 25 — 2 to 3 p.m. and 5:30 to 6:30 p.m.
April 19 — 8 to 9 a.m. and 11 a.m. to noon	April 26 — 8 to 9 a.m. and 1 to 2 p.m.

Personnel who do not attend any of the training classes listed above will be scheduled to attend the TQL Awareness Training Class given in conjunction with Command Orientation.

Health & Fitness

Nutrition impacts performance



Photo by Lauren Lee Salgaller/The Journal

Dieticians Lisa Walker, left, and Iris Chase dispense information during Navy Nutrition Month. Walker talks with Bernard Dorr while Chase speaks with William Lammadee.

By LTJG Laurie Cutlip, R.D.
Special to The Journal

What's the best diet strategy for an athlete? Megadoses of vitamins and minerals? Scores of amino acids? No! The best diet for sports competitors is no great hurdle, but almost identical to a regular diet. Although nutrition won't make you a star, a poor diet will impact heavily on your performance.

Competitors require more calories than non-athletes but the amount depends on several

factors: age, climate, intensity and duration of the activity. The energy needs of some athletes may exceed 6,000 calories per day! At least 55 percent of this caloric intake should come from carbohydrates (particularly complex), fat should comprise a maximum of 30 percent and protein about 15 percent.

Blood glucose, as well as both liver and muscle glycogen, are forms of carbohydrate — the nutrient which provides energy for short intense training and endurance events. When body muscle glycogen stores are exhausted, extreme fatigue results. This feeling is termed "hitting the wall."

Depleted liver glycogen causes the athlete to "crash" or "bonk" because liver glycogen feeds the brain by maintaining a normal blood sugar level. Thus, when liver stores are exhausted, the athlete becomes uncoordinated and weak.

"Bonking" can occur, however, despite adequate muscle glycogen. Training can help delay the depletion of glycogen stores by increasing the body's ability to use fat for energy. Starchy vegetables, as well as whole grain breads and cereals, are excellent sources of complex carbohydrates.

Many athletes believe they need additional protein, but even the most intense athletes rarely require more than 2 grams of protein per kilogram (kg) of body weight. For most competitors 1.2 to 1.5 grams/kg is more than sufficient! Not only does excess protein fail to enhance performance or build muscles, it can also overwork the kidneys and cause dehydration. Inadequate water stores further decrease performance.

Some general hydration guidelines:

Time	Fluid Intake
2 hrs. before event	3 cups
10-15 min. before event	2 cups
10-15 min. intervals during event	1/2-1 cup
after event	weigh yourself before and after event

For each pound lost drink two cups of fluid.

Cool water is the preferred beverage because the sugar in sports drinks and fruit juices delays stomach emptying. If you enjoy these drinks dilute them by one-half before consumption. Alcohol also enhances fluid loss.

No evidence indicates that vitamin or mineral supplements enhance performance in people who have not been diagnosed by a physician as having a nutritional deficiency. In fact, large doses of vitamins and minerals can be toxic.

So... the wise athlete focuses on a well-balanced diet high in complex carbohydrates and leaves the special diet products to the gullible.

For further information on sports nutrition refer to:

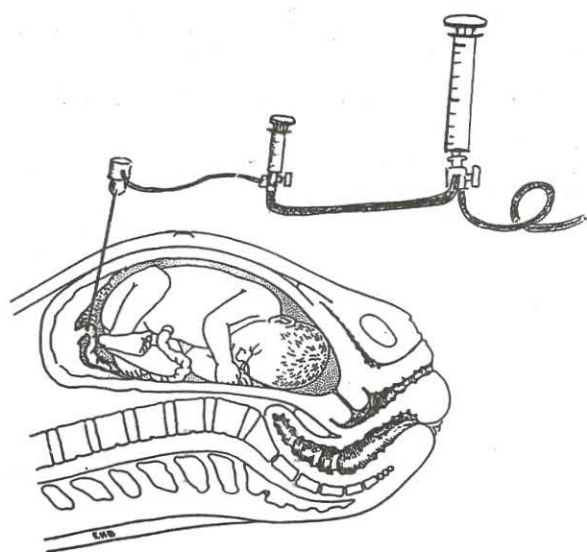
Nancy Clark's Sports Nutrition Guidebook. Nancy Clark. Leisure Press, 1990.

Beyond Training: How Athletes Enhance Performance Legally and Illegally. Melvin H. Williams. Leisure Press, 1989.

Food For Sport. Nathan J. Smith. Bonnie Worthington-Roberts. Bull Publishing Company, 1989.

Good luck on the PRT!

TRANSFUSION, from page 1



Graphic from Postgraduate Obstetrics and Gynecology, June 1988

Intrauterine fetal peritoneal transfusion.

ure."

"After a certain stage, there really are only two choices: deliver the child early or give a transfusion," he said.

Blood incompatibility

"The mother and fetus have incompatible blood types," Thomas said before the procedure.

Thomas said Brill's third child, delivered prematurely at NNM last August and currently doing fine, suffered from a similar problem prior to birth.

"Because of the sensitization that occurred in previous pregnancies, Mom is making antibodies that are crossing the placenta and destroying the baby's red blood cells," he said. "This type of problem tends to worsen with each successive pregnancy."

Brill's blood lacks two specific antigens, creating a condition referred to as isoimmunization, Thomas said.

"Although anti-D immunoglobulin, called Rhogam, has gone a long way in reducing so-called Rh disease, there are still a number of unusual blood types that can create the same sort of serious risk for the fetus," Thomas said.

"Unfortunately, Mrs. Brill and her husband have just such an unusual combination of bloods," he said.

Thomas emerged from the procedure with a damp brow, obviously drained. Everything had gone well, he said, and mom was resting comfortably.

"Finding the vein may be relatively easy," he

said, his face flushed as if after a vigorous workout, "but inserting the needle by ultrasound guidance is a bit trickier. Holding the needle tip in place without movement for 15 minutes with only a one or two millimeter margin of error is the tough part."

Thomas seemed satisfied with the results. "This transfusion was successful in raising the baby's red-cell blood count to a near-normal level," he said after the analysis came back.

"Since we have not eliminated the antibodies that are causing the problem, we will have to return and transfuse again," Thomas said.

"Our goal is to bring the Brill fetus to a point in gestation where the risk of possible prematurity will be less than the risk of remaining inside," Thomas said. "Hopefully, we can get at least an additional month or more inside. At this point in pregnancy, mother is by far the best incubator for her baby if we can correct the baby's anemia."

**DOCTORS'
DAY
MARCH 30th**

Participation needed for Desert Storm questionnaires

The medical "lessons learned" from Operation Desert Storm are being studied by the Navy Medical Doctrine Center in a special project involving questionnaires and personal interviews.

Specifically targeted questionnaires are being distributed to patients and staff returning from the Middle East and a third area of questioning involves recalled reservists serving in theater and in the continental United States.

Each survey will be treated anonymously to encourage honest and frank responses and a summary report will be written for review by various audiences.

The patient and staff questionnaires were designed to be concise and to provide anecdotal evaluations of the MEDEVAC and treatment systems.

Each Navy or Marine patient (or other service member who was treated at a Navy facility) returning through the Aeromedical Staging Flight at Andrews AFB is asked a series of questions relating to the care system.

Recalled reservists are asked questions relating to their recall processing, support from their home reserve components, integration into the gaining command functions, and post-recall plans.

Another aspect of the study is a series of personal interviews being conducted by the Doctrine Center staff. Individuals who have unique insights, experiences, or responsibilities will be asked to share their viewpoints.

Commander William Dial, MSC, center di-

rector, notes: "This study provides a unique opportunity to capture current lessons learned information before our patients and staff return to their peacetime activities."

"We've received many inquiries concerning the administrative aspects of Navy medicine's Persian Gulf War experiences and we realize what Thucydides meant when he said he wrote 'those who want to understand clearly the events which happened in the past which (human nature being what it is) will at some time or other and in much the same ways be repeated in the future.'"

Anyone who would like to provide information for the study is invited to call the Doctrine Center at 301-295-5547.



Circus tickets available

The Ombudsman office has received 50 tickets to the Ringling Brothers and Barnum & Bailey Circus for the March 30 performance at 8 p.m. Tickets will be given to military families on a first-come, first-serve basis. For more information, call the Ombudsman office at 301-295-6588.

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From The Chaplain . . .

By Joseph Calderone, CHC
NNMC Pastoral Care Service

Every spring after the long, cold, dark, gloomy winter, we are refreshed and reawakened to new life, colors, sounds and scents.

The mystery and paradox of nature is just a blueprint or pattern for the mystery and paradox of being a vibrant human being. Nature tells us that it will not frustrate itself. If there is a basic cooperation between the earth, the air, the water and the sun then there will be life!

Earth gives support, security and foundation. Air gives oxygen, breath and hope. Water gives basic life forms, hydration and cleanliness. Sun gives warmth, light and brilliance to all the

colors around us.

It is not an accident that both Jewish and Christian traditions use this season to proclaim freedom, liberation and confidence with renewed vigor and strength. Our religions teach us both implicitly and explicitly that it is in cooperation and unity with our environment (those around us and the situations around us) that we will not find frustration but rather new life!

We are called to bring support, hope, warmth and communication to our families, friends, shipmates and co-workers. In giving nature's gifts we receive each spring to the people, places and situations around us, we celebrate, reiterate and rejuvenate ourselves and our world.

May you experience a holy Passover and a blessed Easter.

Chapel Service Schedule

Roman Catholic
Weekdays
Noon Main Chapel
4 p.m. 6 West Chapel
Sunday
9 a.m. & Noon Main Chapel

Protestant
Wednesday
Noon 6 West Chapel
Sunday
10:30 a.m. Main Chapel
Noon 6 West Chapel
Thursday
7:30 Bible Study, Room 1022

Jewish
As announced



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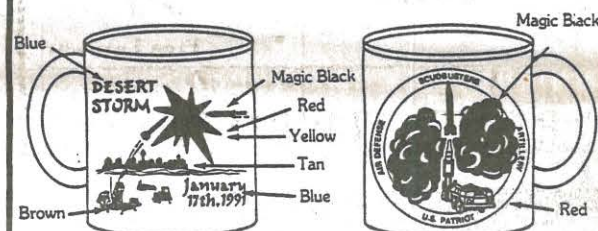
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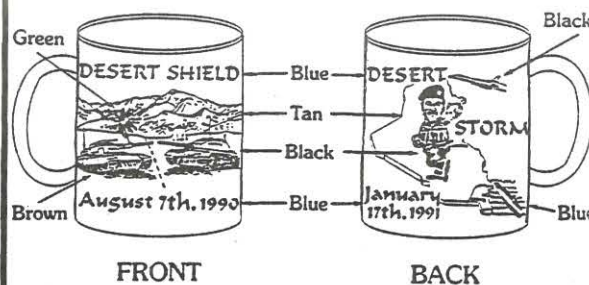
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Desert Storm support groups

In response to suggestions, the National Naval Medical Center (NNMC) Ombudsman office is continuing a series of support meetings for NNMC and local area dependents with loved ones in Operation Desert Storm (on board USNS *Comfort* or other ships, with the Marine Corps units or wherever). These are planned as open forums for airing concerns and fears, to answer questions (if we can) and for meeting other people who are coping with this deployment. We will try to have a short informational program each week and would like your suggestions on types of programs.

We plan to continue these meetings for as long as needed. You can come to any or all of the support meetings.

For questions and reservations for child care call the Ombudsman office at 301-295-6588.

All meetings will be in the dining facility, Building 9.

Saturday

March 30, 10 a.m. to noon

April 20, 10 a.m. to noon

Sunday

April 7, 2-4 p.m.

April 14, 2-4 p.m.

Child care will be provided. Please call the Ombudsman office at 301-295-6588 for a reservation so there will be room for your child.

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Disaster training prepares hospital

Photos by Lau



HM2 Matthew Wise evaluates an arm injury sustained by DN Diann Neidigh.



DT3 Arthur Ziegler simulates an injury as James Nash attempts to stand.

By Hilary Adams
Journal staff writer

What would happen if a large-scale disaster such as a bomb explosion, air crash or major traffic accident occurred near the National Naval Medical Center (NNMC)? How would the hospital respond? How would the staff determine who is hurt? To prepare for such a tragedy, hospital corpsmen and dental technicians volunteered last week for a mass casualty drill.

The scene was a supposed Metro-rail train that had jumped the tracks at a high rate of speed near the Medical Center station. About 18 "victims," many of them seriously injured, were brought in for triage to quickly assess the

severity of the wounds. A triage officer determined if the victim would go to the operating room, emergency room, holding area or morgue.

Doctor Bimal Ghosh, chairman of the Disaster Preparedness Committee, said drills are crucial in training nurses and corpsmen.

"If 100 injured patients come in, you can't take care of them in the same fashion. Triage is important to sort the group out, who is injured the worst," said Ghosh.

In a real-life situation, few victims are silent. The volunteer victims added to the drama by screaming and yelling in pain and confusion. According to the scenario for the drill some required immediate psychiatric care.

Hospital Corpsman Second Class Peter Dun-

das and Dental Technician Second Class Lisa Gould used their moulage skills in an effort to simulate chest traumas, facial burns and cuts. Dundas said that make-up adds to the effectiveness of the drill.

"It adds to the sense of realism. But what's more important is that they act out the injury," he said. Dundas also helps volunteers rehearse their injuries with method acting. He encourages them to act as if someone had just broken their arm or leg.

While the hospital ship *Comfort* was stationed in the Persian Gulf, the staff also held mass casualty drills, according to several of the returned crew members.

The training prepared the ship's crew for what could have happened, but fortunately didn't.

HM2
by c

al staff for emergency situations

en Lee Salgaller



a facial injury while DA
ize him.



Robert Thompson is treated for shock and head injury
psmen at the scene.



LCDR J.F. Frame (pointing) assesses mock victims brought into triage during the disaster drill.



DT3 Renee McCoy gave the participants an added concern as a victim going into labor.

Employment Opportunities

CIVILIAN JOB OPPORTUNITIES

The NNMC Civilian Personnel Office is located on the ground floor of Building 10. Office hours are 7:30 a.m. to 5 p.m., Monday through

Friday. For more information on these positions, updated weekly by CPO, call 301-295-6801 or 301-295-6804.

Vacancy Number	Area of Consideration	Series/ Grade	Position Title	Location	Closing Date	Point of Contact	Phone
Naval Medical Data Services Center							
91-36 (JF)		4 GS-669-7/9/11	Medical Records Librarian	Bethesda, Md.	Until Filled	J. Francis	295-6804
90-86 (LH)		4 GS-332-3/4	Computer Clerk	Bethesda, Md.	Open**	L. Stewart	295-6801
91-83 (JF)		4 GS-332-4/5/6/7	Computer Operator	Bethesda, Md.	Until Filled	J. Francis	295-6804
90-206 (JF)		4 GS-334-7/9/11/12	Computer Specialist	Bethesda, Md.	Open**	J. Francis	295-6801
91-88 (JF)		4 GS-334-11/12	Computer System Analyst	Bethesda, Md.	Open**	J. Francis	295-6804
Bureau of Medicine and Surgery							
91-37 (JF)		4 GS-301-9/11	Exect. Program Admin. Coord.	Wash., D.C.	Until Filled	J. Francis	295-6804
91-35 (JF)		4 GS-343-9/11/12	Management Analyst	Wash., D.C.	Until Filled	J. Francis	295-6804
90-195 (LS)	4,7	GS-318-4/5/6	*Secretary (T)	All Act.	Open**	L. Stewart	295-6901
90-133 (LH)	4	GS-322-2/3/4	*Clerk/Typist	All Act.	Open**	L. Stewart	295-6801
Naval School of Health Sciences							
91-19 (LS)		4 GS-540-4/5	Voucher Examiner (T)	Bethesda, Md.	Until Filled	L. Stewart	295-6801
90-244 (LS)		4 GS-2/3/4	*Clerical Support Position (T/NT)	D.C., Va., Md.	Open	L. Stewart	295-6801
91-66 (LH)	4,5,10,11,12	GS-1071-7/9/11	AV Production Specialist	Bethesda, Md.	4/19/91	L. Hasty	295-6801
Naval Medical Research Institute							
90-229 (JF)		9 GS-0018-12	Safety & Occ. Health Mg.	Bethesda, Md.	Until Filled	J. Francis	295-6804
90-258 (JF)		4 GS-404-6/7/9	Bio. Lab Technician	Bethesda, Md.	Until Filled	J. Francis	295-6804
National Naval Medical Center							
91-41 (LF)		4 GS-018-7/9/11	Safety & Occ. Health Spec.	Bethesda, Md.	4/1/91	L. Fetsko	295-6804
91-86 (LW)		7 GM-180-15	Clinical Psychologist	Bethesda, Md.	4/30/91	L. Washington	295-6804
91-81 (LS)		4 GS-303-5	Clerk (T)	Bethesda, Md.	4/22/91	L. Stewart	295-6801
91-82 (LS)		4 GS-303-4	Clerk	Bethesda, Md.	4/22/91	L. Stewart	295-6801
91-68 (LF)		4 GS-303-4/5/6	Accessions Clerk	Bethesda, Md.	4/19/91	L. Stewart	295-6801
91-70 (LS)		4 GS-303-4/5	Registration Clerk (T)	Bethesda, Md.	4/19/91	L. Stewart	295-6801
91-71 (LS)		4 GS-303-4/5	Registration Clerk	Bethesda, Md.	4/19/91	L. Stewart	295-6801
90-230 (LS)		4 GS-305-4	File Clerk	Bethesda, Md.	Until Filled	L. Stewart	295-6801
90-195 (LS)	4,7	GS-318-4/5/6	*Secretary (T)	All Act.	Open**	L. Stewart	295-6801
91-08 (LS)		4 GS-322-4	Clerk-Typist (PT)	Bethesda, Md.	Until Filled	L. Stewart	295-6801
90-133 (LS)		4 GS-322-2/3/4	*Clerk-Typist	All Act.	Open**	L. Stewart	295-6801
90-250 (LS)		7 GS-322-4/5/6	Computer Operator	Bethesda, Md.	Open	L. Stewart	295-6801
90-242 (LS)		7 GS-385-5	Teletypist	Bethesda, Md.	Until Filled	L. Stewart	295-6801
91-69 (LS)		4 GS-525-4/5	Clerk (T)	Bethesda, Md.	4/19/91	L. Stewart	295-6801
91-31 (DK)	5,12,13	GS-601-9	*Cytotechnologist	Bethesda, Md.	Until Filled**	A.L. Wright	295-6801
91-62 (PR)	4,9,11,12	GS-610-11	*Clinical Nurse	Bethesda, Md.	Open**	P. Robinson	295-6801
91-63 (PR)	4,9,11,12	GS-610-11/12	*Nurse Specialist	Bethesda, Md.	Open**	P. Robinson	295-6801
91-64 (PR)	4,9,11,12	GS-620-4/5/6	*Practical Nurse	Bethesda, Md.	Open**	P. Robinson	295-6801
90-261 (DK)	9,11,12,13	GS-648-8/9	Therapeutic Radiologic Technologist	Bethesda, Md.	Until Filled	A.L. Wright	295-6901
90-207 (LS)		4 GS-679-4/5	Medical Clerk (Typing/Nontyping)	Bethesda, Md.	Open**	L. Stewart	295-6801
90-157 (JF)	4,11	GS-682-4/5/6/7	Dental Hygienist (Part Time)	Bethesda, Md.	Until Filled	L. Hasty	295-6801
90-196 (LS)	4,5,10,12	GS-675-4/5	*Medical Records Technician	Bethesda, Md.	Open	L. Stewart	295-6801

* Special salary rates

**Referral list may be issued at anytime.

- (1) Activity-wide (command).
- (2) Activities serviced by CPO.
- (3) All appointable employees of naval activities in the Washington, D.C. area.
- (4) All appointable employees of the Department of Defense activities in the Washington, D.C. area.
- (5) All appointable federal employees in the Washington, D.C. area.
- (6) All appointable employees of the Department of the Navy worldwide.
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- (8) All appointable employees of the Department of Defense activities, Philadelphia Region (Del., D.C., Md., Va., Pa., W.Va., N.J., and N.C.).
- (9) All appointable federal employees throughout the federal service. - nationwide.
- (10) Applicants with a Notice of Results/Rating are also being accepted.
- (11) Non-status applications are being accepted.
- (12) Reinstatement eligibles.
- (13) All applicants under special employment program.



Support Your National Guard and Reserves

MWR notes

Recreation Office (301-295-0032)
Building 23

Gymnasium

Monday-Friday — 6 a.m. to 9 p.m.
Saturday/Sunday — 11 a.m. to 6 p.m.
Holidays — Closed

Bowling Center (301-295-2060)
Building 56

Sunday-Monday — Noon to 10 p.m.
Tuesday-Thursday — 4 p.m. to 11 p.m.
Friday — 4 p.m. to midnight
Saturday — Noon to midnight

Swimming Pool (301-295-0031)

Monday-Friday — 11 a.m. to 8 p.m.
Saturdays, Sundays and Holidays — Closed

Patrons can expect slight pool and locker fee

increases. Nominal fees will also be charged for intramural sports.

Officers Club (301-652-6318)

On weekdays only, the Officers' Club is an all hands (officer, enlisted, civilian) operation in the Terrace Room for a buffet line lunch from 11 a.m. until 1:30 p.m. The club is still members only for dinner, brunch and lunch in the Shaffer Room.

Enlisted Club (301-295-4713)

Hours for the Enlisted Club are 3:30 p.m. to midnight Monday through Thursday and 3:30 p.m. to 1 a.m. on Friday. The grill hours are 4 p.m. to midnight Monday through Friday. The club is closed Saturdays and Sundays.

Child Development Center (301-295-0167)

Monday through Friday — 6:50 a.m. to 4:45 p.m. (Full time)

Well Child Waiting Center:

Monday through Friday — 7:30 a.m. to 4:30 p.m.

USUHS Cafeteria Info

Breakfast: Monday through Friday — 6:30 to 10 a.m.

Lunch: Monday through Friday — 11 a.m. to 2 p.m.

The MWR management realizes any changes a service-oriented department makes will be difficult for patrons. MWR will continue to inform all users of upcoming changes.

See MWR Page 12



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MWR, from page 11

Military golf tourney

Active-duty personnel interested in participating in the 28th Annual Southeast Military Invitational Golf Tournament at the Naval Air Station, Jacksonville, Fla., may pick up entry forms at the gym. The tourney will be held May 7-10. For more information, call Paul Jones at (301) 295-0031.

Intramural golf league

Spots are up for grabs on the National Naval Medical Center (NNMC) entry in the South Mid-Atlantic Regional Intramural Golf League. League play consists of open team and senior (over 40 by Sept. 30, 1991) team play. An "A" and a "B" team, each consisting of four golfers, are allowed in each division. Anyone interested in participating should call Paul Jones at (301) 295-0031.

Monthly NNMC golf tournament

Recreation Services is offering all eligible participants the chance to play the course at Ft. Meade once per month through the summer. Participants must pay cart and greens fees to be included in the best-ball tournaments. Dates are May 23, June 27, July 25, Aug. 28 and Sept. 25 and tee time is 9:30 a.m. For more information, call Paul Jones, (301) 295-0031.

Aerobics

Hour-long aerobic classes are offered every Monday, Wednesday and Friday beginning at 4:30 p.m. in the gym. The first class is free so drop-ins are encouraged. For more information, call Patti, (301) 295-0031.

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Diving academy

The Pentagon Diving Academy is sponsoring the fourth annual Scuba Awareness Program. This year's program is honoring our servicemen and women in Operation Desert Storm. Those attending are eligible to win trips to the Caribbean, an Orca Dive computer and free SCUBA equipment.

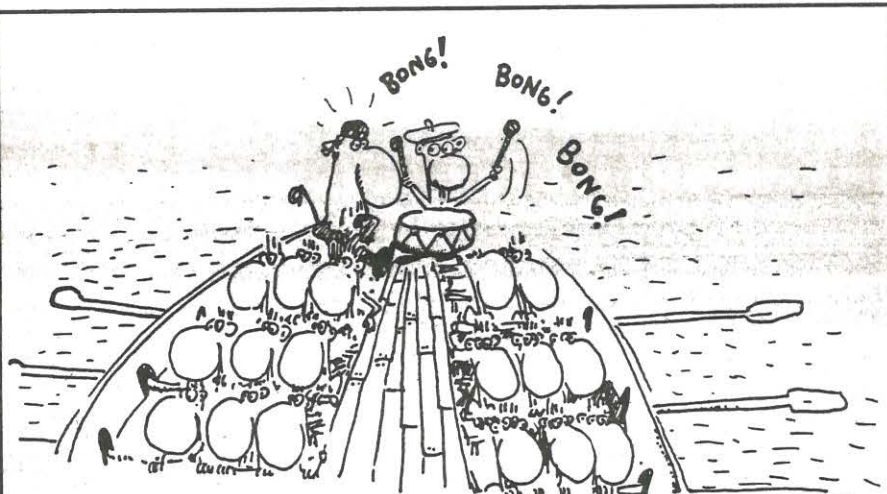
The academy is accepting applications for SCUBA classes. Students complete their five nights of class and indoor pool sessions within two weeks. Master Instructor Donald (Andy) Anderson will be teaching the next indoor SCUBA course approved for college credit. The academy has a full line of modern gear for student use and offers inexpensive courses to military and civilian members of the community. For more information, call (301) 736-4356.

Family Swim night

Every Friday evening from 6 until 8 is Family Swim night in Recreation Services' heated indoor pool. Swim together as a family or play water basketball under the supervision of certified lifeguards. For more information, call Bryan Jackson, (301) 295-0030.

Sports trivia:

Question: Who is the only member of the Baseball Hall of Fame to also have been a member of the Harlem Globetrotters basketball team?
Last week's answer: Bostic Celtics coach Chris Ford made the first NBA three-point field goal.



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Housing (Sale)	060-073
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024 HOME REPAIRS & SERVICES

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shift. Full time. Compet-
itive salary. Prefer expe-
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care but not necessary.
For more details con-
tact:

Sandie Miller, D.O.N.
Oak Meadow
Nursing Center
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EOE

051 APARTMENTS FOR RENT

ROCKVILLE - Luxury hi-rise
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sauna, walk to metro/shopping.
\$750/mo. includes utils. 301-
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053 HOUSING TO SHARE

LARGE MODERN HOUSE -
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CENTERVILLE - Single family home. 5BR/2 1/2 BA, W/W carpet, W/D, drapes, separate live in possible garage. Easy metro exit. \$1200/month. 703-430-1164.

CENTERVILLE - 3BR, 2 1/2 BA, single family home, 2 car garage. FP in FR, W/D, \$1200/mo. 703-631-3815 evenings & weekends.

SPRINGFIELD - 5BR, 2 1/2 BA. Minutes to Pentagon & Ft. Belvoir. W/D, FP, deck, compactor, central VAC/humidifier, auto garage opener & much more. \$1280. 703-451-0204.

STAFFORD - End unit TH. Off Hwy 17 & 95. 3BR, 2 1/2 BA, frpl, bsmi, gas, CAC, near Pentagon bus. \$750/mo. 703-938-5215.

056 CONDOS FOR SALE

ROCKVILLE - Beautifully decorated, 2BR, patio condo. FHA approved. Walk to metro. \$82,000. 301-217-9394.

060 HOUSES FOR SALE

ANNANDALE CONDO - Near metro, 2BR, 1 1/2 BA, immaculate cond, bright & airy, neutral carpeting, w/w, decorator touches, 2 ceiling fans, kitchen cabinets ref. FHA assum loan 8 1/2%. For more info, call Zig Ustaszewski, Remax Dynamic Realty 703-920-6900.

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ERMANTOWN - 3BR TH, BA, hardwood floor, table, kitchen separate, DR, finished walk-out basement, 2 decks, short walk to lake. Many extras. Must see. 301-10-3947.

CKVILLE/POTOMAC - \$500 ward-if you find the buyer! Upgraded, Calif/contemporary. 1R/2 1/2 BA, vaulted ceilings, lights, central stereo/video, pick. Tennis/pool, wooded lot. \$2,500. 301-424-0230/217-2927.

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DATSUN - 1982, V210, 60K, auto, AC, \$1485. LINCOLN '84 TOWN CAR, 70K, \$4475. SUB-ARU SW, 4-wheel drive, \$1895. 301-567-2994.

DODGE OMNI GLH - '84, 77K, AC, AM/FM, 4dr, 5spd, gold, \$2500/OBO. Must sell. Sam after 6pm, 301-267-3970.

DODGE 84 OMNI - 4dr, AM/FM/stereo, 30mi/gal, \$995. BUICK '83 SW, 9-pass, MD inspected, \$1995. FORD '83 ESCORT, SW, nice, \$895. 301-567-5914.

FORD SW - '85, 9-pass, small V8, \$1995. BUICK ELECTRA SW, '83, full size, small V8, loaded, VA/MD, inspected, \$1995. OLDS CUSTOM CRUIS-ER, SW, '82, vinyl seats, 9-pass, small V8, \$1795. Call 301-567-2994.

FORD '86 ESCORT - Auto, 51K, \$1795. AUDI 400 S, '84, 4dr, red, sunroof, AC, \$1995. AUDI 5000, '82, auto, 4dr, clean, \$2395/OBO. 301-567-5914.

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MERCURY - 1984. Colonial Park SW, \$1895. CHEVY CE-LEBRITY '84 SW, 35K, \$2700. TOYOTA CORONA '78 SW, 5spd, \$775. 301-567-7851.

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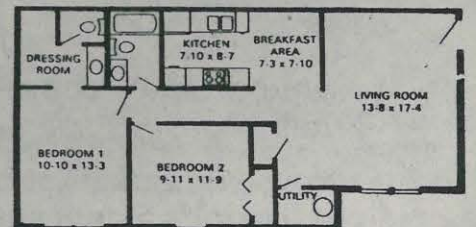
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